

## Statistics Report 01123, Egg, whole, raw, fresh

Report Date: October 08, 2015 10:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	76.15	--	0.121	75.43	76.94	11.0	75.889	76.42	1	Analytical or derived from analytical	--	08/2010
Energy	kcal	143	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Energy	kJ	599	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Protein <sup>1</sup>	g	12.56	--	0.102	11.81	13.06	11.0	12.333	12.782	1	Analytical or derived from analytical	--	08/2010
Total lipid (fat) <sup>1</sup>	g	9.51	--	0.115	8.78	10.3	11.0	9.254	9.759	1	Analytical or derived from analytical	--	08/2010
Ash <sup>1</sup>	g	1.06	--	0.034	0.92	1.33	11.0	0.99	1.139	1	Analytical or derived from analytical	--	08/2010
Carbohydrate, by difference	g	0.72	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Fiber, total dietary <sup>3</sup>	g	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2002
Sugars, total <sup>1</sup>	g	0.37	--	0.008	0.34	0.4	5.0	0.352	0.395	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Glucose (dextrose) <a href="#">1</a>	g	0.37	--	0.008	0.34	0.4	5.0	0.352	0.395	1	Analytical or derived from analytical	--	08/2010
Fructose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Lactose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Maltose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Galactose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	56	--	0.697	54	58	5.0	54.074	57.66	1	Analytical or derived from analytical	--	08/2010
Iron, Fe <a href="#">1</a>	mg	1.75	--	0.044	1.63	1.93	5.0	1.638	1.865	1	Analytical or derived from analytical	--	08/2010
Magnesium, Mg <a href="#">1</a>	mg	12	--	0.240	11	13	5.0	11.532	12.768	1	Analytical or derived from analytical	--	08/2010
Phosphorus, P <a href="#">1</a>	mg	198	--	1.939	193	205	5.0	193.181	203.152	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a>	mg	138	--	1.476	132	142	5.0	134.54	142.127	1	Analytical or derived from analytical	--	08/2010
Sodium, Na <a href="#">1</a>	mg	142	--	1.138	139	147	5.0	139.242	145.091	1	Analytical or derived from analytical	--	08/2010
Zinc, Zn <a href="#">1</a>	mg	1.29	--	0.017	1.24	1.34	5.0	1.246	1.334	1	Analytical or derived from analytical	--	08/2010
Copper, Cu <a href="#">1</a>	mg	0.072	--	0.001	0.07	0.08	5.0	0.069	0.075	1	Analytical or derived from analytical	--	08/2010
Manganese, Mn <a href="#">1</a>	mg	0.028	--	0.001	0.02	0.03	5.0	0.025	0.031	1	Analytical or derived from analytical	--	08/2010
Selenium, Se <a href="#">1</a>	µg	30.7	--	2.129	23.3	37.4	5.0	25.211	36.155	1	Analytical or derived from analytical	--	08/2010
Fluoride, F <a href="#">2</a>	µg	1.1	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2009
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">3 4</a>	mg	0.0	--	--	--	--	--	--	--	2	Analytical or derived from analytical	--	11/2002
Thiamin <a href="#">1</a>	mg	0.040	--	0.003	0.03	0.05	5.0	0.033	0.047	1	Analytical or derived from analytical	--	08/2010
Riboflavin <a href="#">1</a>	mg	0.457	--	0.020	0.41	0.52	5.0	0.405	0.508	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a>	mg	0.075	--	0.002	0.07	0.08	5.0	0.069	0.081	1	Analytical or derived from analytical		-- 08/2010
Pantothenic acid <a href="#">1</a>	mg	1.533	--	0.049	1.4	1.7	5.0	1.406	1.66	1	Analytical or derived from analytical		-- 08/2010
Vitamin B-6 <a href="#">1</a>	mg	0.170	--	0.004	0.16	0.18	5.0	0.16	0.179	1	Analytical or derived from analytical		-- 08/2010
Folate, total <a href="#">3 4</a>	μg	47	--	4.966	--	--	--	--	--	2	Analytical or derived from analytical		-- 11/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero		-- 01/2001
Folate, food	μg	47	--	4.966	--	--	--	--	--	2	Analytical or derived from analytical		-- 09/2010
Folate, DFE	μg	47	--	--	--	--	--	--	--	--	Calculated or imputed		-- 09/2010
Choline, total <a href="#">1</a>	mg	293.8	--	4.687	280.5	307.3	5.0	281.702	305.801	1	Analytical or derived from analytical		-- 03/2011
Betaine <a href="#">1</a>	mg	0.3	--	0.028	0.2	0.3	5.0	0.202	0.348	1	Analytical or derived from analytical		-- 03/2011
Vitamin B-12 <a href="#">1</a>	μg	0.89	--	0.092	0.65	1.2	5.0	0.657	1.129	1	Analytical or derived from analytical		-- 08/2010
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero		-- 09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Retinol <sup>1</sup>	µg	160	--	6.614	139	187	5.0	142.838	176.842	1	Analytical or derived from analytical	--	08/2010
Carotene, beta <sup>1</sup>	µg	0	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Carotene, alpha <sup>1</sup>	µg	0	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Cryptoxanthin, beta <sup>1</sup>	µg	9	--	0.673	7	12	5.0	7.442	10.904	1	Analytical or derived from analytical	--	08/2010
Vitamin A, IU	IU	540	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Lycopene <sup>1</sup>	µg	0	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Lutein + zeaxanthin <sup>1</sup>	µg	503	--	20.991	431	575	5.0	449.188	557.106	1	Analytical or derived from analytical	--	08/2010
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	1.05	--	0.116	0.77	1.47	5.0	0.75	1.346	1	Analytical or derived from analytical	--	08/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta <sup>1</sup>	mg	0.01	--	0.003	0.01	0.03	5.0	0.007	0.023	1	Analytical or derived from analytical	--	08/2010
Tocopherol, gamma <sup>1</sup>	mg	0.50	--	0.042	0.32	0.64	5.0	0.39	0.604	1	Analytical or derived from analytical	--	08/2010
Tocopherol, delta <sup>1</sup>	mg	0.06	--	0.030	0.02	0.21	5.0	-0.023	0.134	1	Analytical or derived from analytical	--	08/2010
Vitamin D (D2 + D3)	µg	2.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2010
Vitamin D3 (cholecalciferol) <sup>1</sup>	µg	2.0	--	0.801	1	9.2	9.0	0.237	3.859	1	Analytical or derived from analytical	--	09/2010
Vitamin D <sup>1</sup>	IU	82	--	32.027	39	368	9.0	9.476	154.374	1	Analytical or derived from analytical	--	09/2010
Vitamin K (phylloquinone) <sup>3 4</sup>	µg	0.3	--	--	--	--	--	--	--	2	Analytical or derived from analytical	--	11/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	3.126	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0 <sup>1</sup>	g	0.004	--	0.000	0	0	11.0	0.003	0.004	1	Analytical or derived from analytical	--	08/2010
6:0 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0 <a href="#">1</a>	g	0.004	--	0.000	0	0	11.0	0.003	0.004	1	Analytical or derived from analytical	--	08/2010
10:0 <a href="#">1</a>	g	0.006	--	0.000	0	0.01	11.0	0.005	0.006	1	Analytical or derived from analytical	--	08/2010
12:0 <a href="#">1</a>	g	0.000	--	0.000	0	0	11.0	--	0.001	1	Analytical or derived from analytical	--	08/2010
14:0 <a href="#">1</a>	g	0.033	--	0.001	0.03	0.04	11.0	0.032	0.035	1	Analytical or derived from analytical	--	08/2010
15:0 <a href="#">1</a>	g	0.008	--	0.000	0.01	0.01	11.0	0.008	0.009	1	Analytical or derived from analytical	--	08/2010
16:0 <a href="#">1</a>	g	2.231	--	0.039	2	2.43	11.0	2.144	2.317	1	Analytical or derived from analytical	--	08/2010
17:0 <a href="#">1</a>	g	0.022	--	0.001	0.02	0.03	11.0	0.019	0.024	1	Analytical or derived from analytical	--	08/2010
18:0 <a href="#">1</a>	g	0.811	--	0.016	0.71	0.89	11.0	0.775	0.847	1	Analytical or derived from analytical	--	08/2010
20:0 <a href="#">1</a>	g	0.003	--	0.000	0	0	11.0	0.003	0.003	1	Analytical or derived from analytical	--	08/2010
22:0 <a href="#">1</a>	g	0.004	--	0.000	0	0.01	11.0	0.004	0.005	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Fatty acids, total monounsaturated	g	3.658	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:1 <a href="#">1</a>	g	0.007	--	0.000	0.01	0.01	11.0	0.006	0.007	1	Analytical or derived from analytical	--	08/2010
15:1 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
16:1 undifferentiated <a href="#">1</a>	g	0.201	--	0.008	0.15	0.24	11.0	0.184	0.218	1	Analytical or derived from analytical	--	08/2010
16:1 c <a href="#">1</a>	g	0.198	--	0.008	0.15	0.23	11.0	0.18	0.215	1	Analytical or derived from analytical	--	08/2010
16:1 t <a href="#">1</a>	g	0.003	--	0.000	0	0	11.0	0.003	0.004	1	Analytical or derived from analytical	--	08/2010
17:1 <a href="#">1</a>	g	0.012	--	0.001	0.01	0.02	11.0	0.011	0.014	1	Analytical or derived from analytical	--	08/2010
18:1 undifferentiated <a href="#">1</a>	g	3.411	--	0.050	3.06	3.66	11.0	3.3	3.521	1	Analytical or derived from analytical	--	08/2010
18:1 c <a href="#">1</a>	g	3.388	--	0.051	3.03	3.63	11.0	3.276	3.5	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 t <sup>1</sup>	g	0.023	--	0.002	0.01	0.03	11.0	0.019	0.026	1	Analytical or derived from analytical	--	08/2010
20:1 <sup>1</sup>	g	0.027	--	0.001	0.02	0.03	11.0	0.026	0.028	1	Analytical or derived from analytical	--	08/2010
22:1 undifferentiated <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
22:1 c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
22:1 t <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
24:1 c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Fatty acids, total polyunsaturated	g	1.911	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated <sup>1</sup>	g	1.555	--	0.062	1.32	2.01	11.0	1.419	1.691	1	Analytical or derived from analytical	--	08/2010
18:2 n-6 c,c <sup>1</sup>	g	1.531	--	0.062	1.29	1.99	11.0	1.393	1.668	1	Analytical or derived from analytical	--	08/2010
18:2 CLAs <sup>1</sup>	g	0.012	--	0.001	0.01	0.02	11.0	0.01	0.014	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 t not further defined <sup>1</sup>	g	0.012	--	0.001	0.01	0.02	11.0	0.011	0.014	1	Analytical or derived from analytical	--	08/2010
18:3 undifferentiated <sup>1</sup>	g	0.048	--	0.002	0.03	0.06	11.0	0.043	0.054	1	Analytical or derived from analytical	--	08/2010
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.036	--	0.002	0.02	0.05	11.0	0.031	0.041	1	Analytical or derived from analytical	--	08/2010
18:3 n-6 c,c,c <sup>1</sup>	g	0.012	--	0.000	0.01	0.01	11.0	0.012	0.013	1	Analytical or derived from analytical	--	08/2010
18:4 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
20:2 n-6 c,c <sup>1</sup>	g	0.018	--	0.001	0.01	0.03	11.0	0.016	0.02	1	Analytical or derived from analytical	--	08/2010
20:3 undifferentiated <sup>1</sup>	g	0.023	--	0.000	0.02	0.03	11.0	0.022	0.024	1	Analytical or derived from analytical	--	08/2010
20:3 n-6 <sup>1</sup>	g	0.022	--	0.000	0.02	0.02	11.0	0.022	0.023	1	Analytical or derived from analytical	--	08/2010
20:4 undifferentiated <sup>1</sup>	g	0.188	--	0.005	0.16	0.21	11.0	0.177	0.2	1	Analytical or derived from analytical	--	08/2010
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	--	0.000	0	0	11.0	--	0.001	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:4 <sup>1</sup>	g	0.013	--	0.001	0.01	0.02	11.0	0.012	0.015	1	Analytical or derived from analytical	--	08/2010
22:5 n-3 (DPA) <sup>1</sup>	g	0.007	--	0.000	0.01	0.01	11.0	0.006	0.007	1	Analytical or derived from analytical	--	08/2010
22:6 n-3 (DHA) <sup>1</sup>	g	0.058	--	0.002	0.04	0.07	11.0	0.054	0.063	1	Analytical or derived from analytical	--	08/2010
Fatty acids, total trans	g	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fatty acids, total trans-monoenoic	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Cholesterol <sup>1</sup>	mg	372	--	6.718	344	405	11.0	356.86	386.435	1	Analytical or derived from analytical	--	08/2010
<b>Amino Acids</b>													
Tryptophan <sup>3 4</sup>	g	0.167	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Threonine <sup>3 4</sup>	g	0.556	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Isoleucine <sup>3 4</sup>	g	0.671	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Leucine <sup>3 4</sup>	g	1.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Lysine <sup>3 4</sup>	g	0.912	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine <a href="#">3</a> <a href="#">4</a>	g	0.380	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Cystine <a href="#">3</a> <a href="#">4</a>	g	0.272	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Phenylalanine <a href="#">3</a> <a href="#">4</a>	g	0.680	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Tyrosine <a href="#">3</a> <a href="#">4</a>	g	0.499	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Valine <a href="#">3</a> <a href="#">4</a>	g	0.858	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Arginine <a href="#">3</a> <a href="#">4</a>	g	0.820	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Histidine <a href="#">3</a> <a href="#">4</a>	g	0.309	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Alanine <a href="#">3</a> <a href="#">4</a>	g	0.735	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Aspartic acid <a href="#">3</a> <a href="#">4</a>	g	1.329	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Glutamic acid <a href="#">3</a> <a href="#">4</a>	g	1.673	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine <sup>3 4</sup>	g	0.432	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Proline <sup>3 4</sup>	g	0.512	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Serine <sup>3 4</sup>	g	0.971	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2010
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
<b>Flavonoids</b>													
Isoflavones													
Daidzein <sup>5</sup>	mg	0.0	--	--	0.03	0.03	--	--	--	--	--	--	--
Genistein <sup>5</sup>	mg	0.0	--	--	0.02	0.02	--	--	--	--	--	--	--
Total isoflavones <sup>5</sup>	mg	0.0	--	--	0.05	0.05	--	--	--	--	--	--	--
Biochanin A	mg	0.0	--	--	0.05	0.05	--	--	--	--	--	--	--
Formononetin	mg	0.0	--	--	0.05	0.05	--	--	--	--	--	--	--
Coumestrol	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 14e, 2010 Beltsville MD

<sup>2</sup>A. Kingman Unpublished data. NIDR/NIH, 1984. Unpublished data. NIDR/NIH, 1984.

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6b, 2002 Beltsville MD

<sup>4</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5b, 2000 Beltsville MD

<sup>5</sup>Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States)., 2000 Cancer Causes and Control 11 pp.289-298